

**R&D on the Theory and Practice for Autonomous Problem Solving
in the Age of Civil Society**
~Promotion on Community-based Teaching and Learning in Health and Illness~
(May 28, 2003)

The following statement is a global understanding on our planned proposal for Toyota Foundation submitted on May 17th. 2003. Because of slightly different nature of the main theme compared with ordinary grant proposal, the principal investigator has modified the following statements for the sake of our expectant team members.

Objectives

This study project is planned to the promotion of the present theme through the submission to Research Grant on Asian Neighbors Network, the Toyota Foundation Fiscal 2003.

In order to promote the above dream into the reality, the objectives of our study project is oriented towards the autonomous problem solving on social system in the community through the unification of science & technology under cultural norm

Methodology

1. Cultural Norm as the Theoretical Hypothesis for Human-based Problem Solving.

Through a variety of trial and error, cultural norm was proposed by our joint study group among Japanese and Chinese in 1996. Cultural norm could be summarized for the four major components in **Table 1**. Onko-chishin in Japanese usage means that people would have a reflection for the past when he/she would have a perspective to the future for the relation of old and new health idea. In English usage, unfortunately, there is no suitable word to express the spiritual feeling. Ninin-sankyaku in Japanese means directly three legged race in English: The former imply a partnership or duet and the latter means physical exercise alone. Therefore we have to use Japanese or Chinese usage for these oriental concepts.

It is however interesting to note that some young Japanese and Chinese can not understand such common sense as Onko-chishin or Ninin-sankyaku nowadays because of strong influence from western culture in recent decades.

Table 1: The Basic Understanding on the Four Major Terms of Cultural Norm

Term	Japanese Usage	unit	character	well-being
1. Onko-chishin	温故知新	individual	time	spiritual
2. Ninin-sankyaku	二人三脚	partnership	space	social
3. Trinity Approach	三位一体	solo balance	value	mental
4. Four Pillars	四本の柱	team balance	evaluation	physical

Therefore, cultural norm is oriented towards the unification of oriental and western culture for unity in diversity since the former two terms are exclusively concerned with the oriental culture, being quite difficult to express in the western usages. In the sense, the latter two terms in cultural norm are rather oriented towards the western culture. The symbolic idea on cultural norm could be shown by means of Duet Model in **Fig.4**.

2. New and Old Health Definition as the Working Hypothesis for Systems Balance

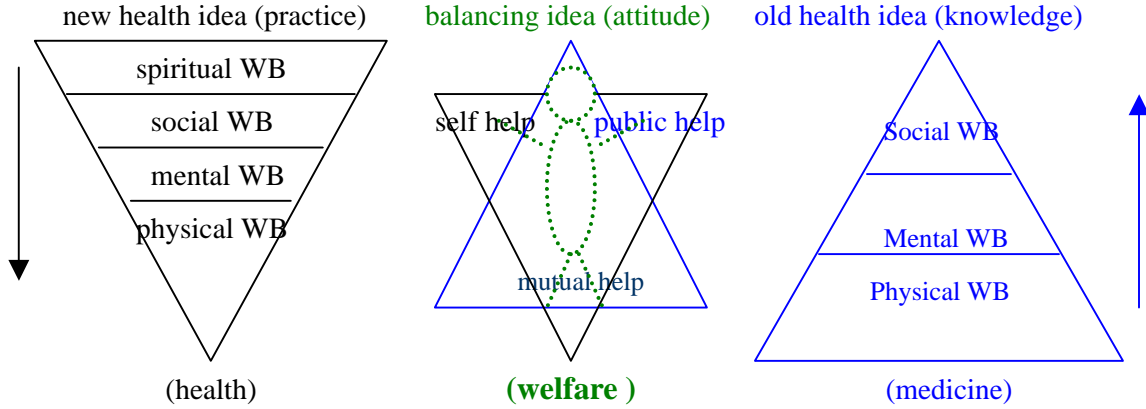
The existent definition of "health" was proposed by WHO in 1948: "**Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.**" To achieve physical, mental and social well-being was the major target of medical care from the viewpoint of disease control (traditional idea).

A new proposal of "health" was discussed at 1998 WHO General Assembly: "**Health is a dynamic state of complete physical, mental, social and spiritual well-being and not merely the absence of diseases or infirmity**". In the definition, the "spiritual well-being and dynamic state" should be realized in contrast with existing one (traditional idea). The new one is not approved yet by the World Health Assembly

The above two ideas on health can be shown in **Fig.1** through the introduction of welfare concept. The existent concept(old health idea) is based on the traditional analysis in the right hand side of Fig.1. In order to familiarize with the new idea, you are requested to figure out so-called "Ireko" structure (a baby inside her/his mother's body) based on the opposite order of key terms as shown in the left hand side of Fig.1, for which welfare concept as mind's eye should be realized between the two ideas.

Generally speaking, "welfare" concept is composed of self, mutual and public help in social life as shown in the center of Fig.1..

Fig.1: The Balancing Spirits on Welfare for Health and Medicine

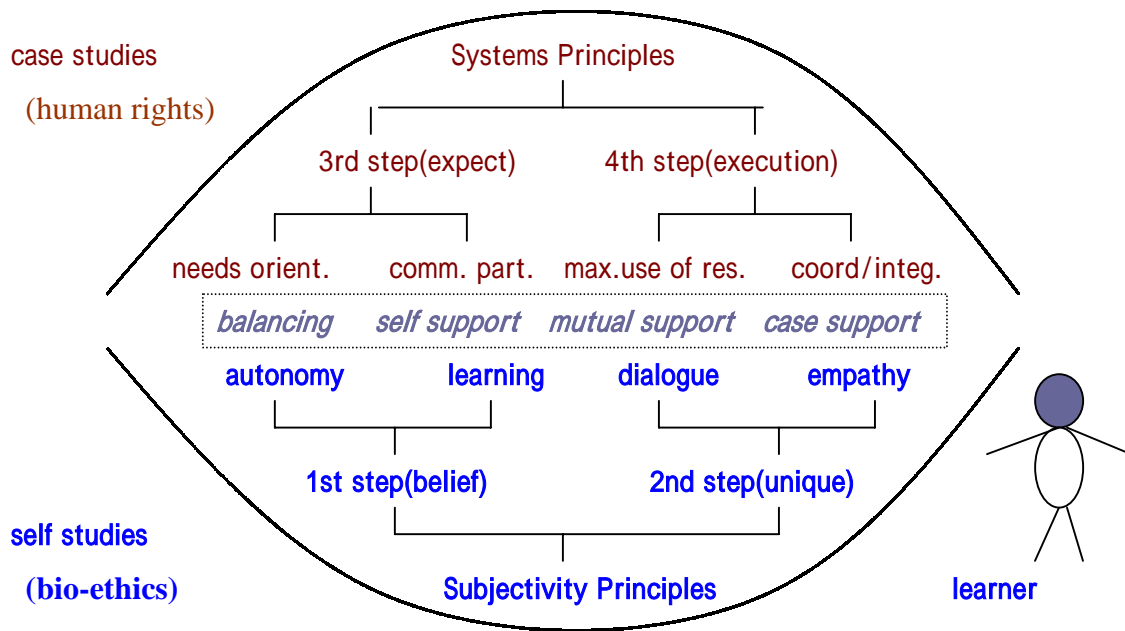


3.WIFY Interactive Study as Human Attitude for the Autonomy of Social Systems

Fig.2 is a well-known Japanese usage in terms of picture on Mt. Fuji in front of lake or sea which shows an inverted or symmetric impression for observer. General people have an intuitional good impression for this figure. In the present paper, this impression is applied for common pattern recognition of observer as if the function of “his brain”. Alternatively speaking, the original idea on inverted Mt. Fuji image could be explained through the better understanding on Fig.1 since new health idea could be identified in the water side of Fig.1 and old health idea could be identified in the air of Fig.1 for which the horizon should be the viewpoint of observer.

In order to familiarize with the autonomy of social systems, you are requested to welcome WIFY(What Is Important for You) interactive study through group discussion as the other side of a coin with total body of our project as our basic knowledge in **Fig.2**. WIFY interactive study was proposed by Prof. M. Moriyama, Fukuoka University in 1999, and he had a lecture at Shinshu University for medical students. After the practical introduction of WIFY interactive study at Lampang Workshop on holistic approach in Thailand, February 2000, we have a lot of study on this subject, not only in Thailand, but also in China, Bangladesh as well as in Japan. In case of Japan, Yadokari Institute for Mental Health, Saitama has been organizing a series of continuing education for health and welfare personnel under my supervision through which the educational importance of WIFY exposure has been confirmed.

Fig.2: The Framework for Self Control through WIFY Interactive Study



In order to make a recovery of humanity, you are requested to have continuing education from the viewpoint of holistic approach for which WIFY interactive study in **Fig.2** should be one of significant candidates through collaborative efforts. WIFY is not a simple questionnaire but educational tool for the recovery of your humanity in which Two-in-One understanding on subjective (self analysis) and objective study (case approach) could be achieved through discussion among peoples involved. In the sense, you are requested to realize the subjectivity principles such as autonomy, learning, dialogue and empathy, as bio-ethics being proposed by our study group in 1986. Because of human nature on social systems, you are also requested to realize the systems principles for human rights; needs orientation, community participation, maximum uses of resources, coordination and integration. In the practice, the subjectivity principles should be embodied in community participation.

The time sequence on WIFY interactive study is shown in **Fig 2**. The first day exposure for your belief should be carried out at the introductory stage of workshop. The second day exposure for your uniqueness would be requested in connection with the first day exposure. The third day exposure for your expectation should be carried out on community-based approach. And the last day exposure for your execution would be carried out for the further step of community-based approach.

Growing Image for the Present Project

1.The Natural History on R&D of the Present Project

For the formulation on our study proposal to Toyota Foundation this time, Dr. N. Maruchi, the principal investigator, has identified the following five major steps of his study history:

Study Problems on International Network for Holistic Approach March 2003

In spite of remarkable progress on the study theory for holistic approach through our domestic and international workshop, we had identified that our international network for holistic approach should be still remaining in bilateral relation between Japan and other Asian countries

Proposal on Asian Neighbors' Network from Toyota Foundation, Early April

By chance, Maruchi realized in the early April, 2003 that Toyota Foundation proposed a new grant idea on "Asian Neighbors' Network" which should sound good for the practical needs of his study group. Among the four major scopes of the above program, he decided without any hesitation that "science and technology in the age of civil society" should be our major choice and that "the reform of social systems; toward strengthening civil society" should be our second choice.

University Reform and SARS Risk Management in Beijing, Middle April

In the middle April, 2003, Maruchi was requested to attend a consultative workshop on the reform of the Capital University of Medical Sciences, Beijing.

In the course of the workshop, some Chinese scholars paid much attention to schematic presentations by Maruchi being based on holistic approach. In the period of our workshop, SARS epidemics in Beijing region were getting serious day by day under which Maruchi got a good idea for risk management of SARS epidemics from the viewpoint of holistic approach as the other side of a coin with the monitoring systems for the University Reform. This identification should be a turning point for the formulation of our study proposal to Toyota Foundation this time.

Two-by-One Study on Health & Welfare with Politico-economics, Early May,

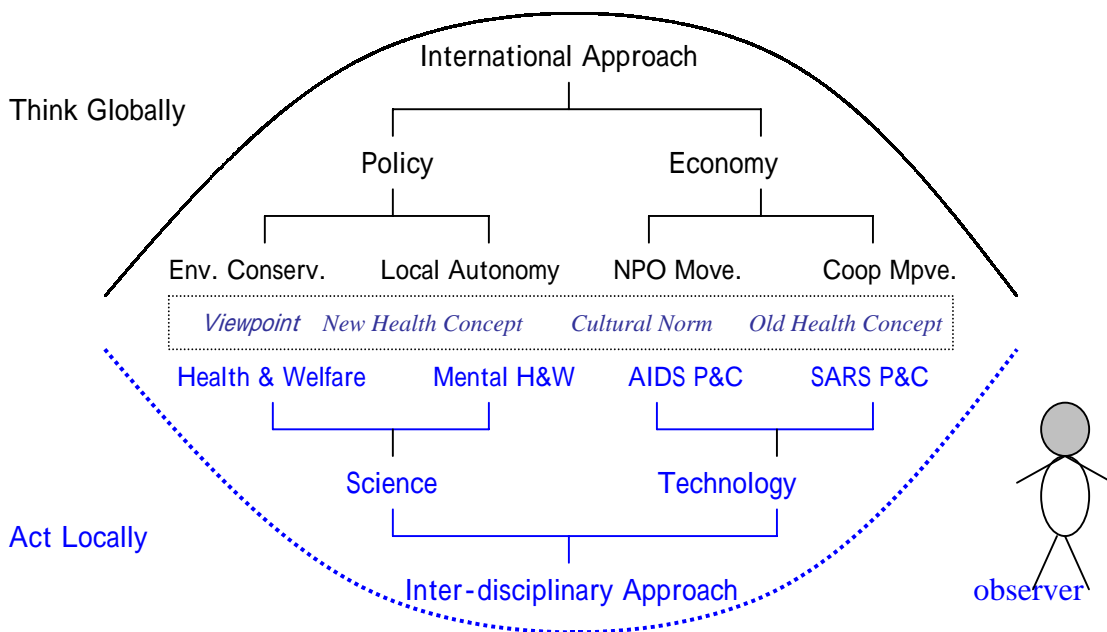
Initially our study focus was oriented towards "health and welfare arena in which the four major types of subject matters were identified as shown in the lower portion in Fig.1. It was very natural for us to believe because of the nature of our study history in the past two decades.

Two-in-One Study on Health & Welfare and Politico-economics, Middle May,

In the course of our planning for the visualization of present proposal, we have identified that the total picture of our project should be Two-in-One nature between health & welfare arena and politico-economic arena as shown in the total body of **Fig.3:**

The present stage of our project for 2003-2005 is oriented towards health & welfare arena and the future stage of our project for 2005-2007 should be upgraded to politico-economic arena as the other side of a coin with the former period. This in turn makes us to dream “inverted Mt Fuji image” under a famous usage “*Our planet, our health, but changing needs, think globally, acct locally*” being the catch phrase on the Year of Environment, 1990.

Fig.3: The Total Body of Our Expectant Project as Our Basic Knowledge



In case of recent SARS epidemics in Beijing region, China, the similar impression was practically observed from the viewpoint of “risk management” for international as well as interdisciplinary approach. You may naturally realize in the present study that the knowledge, attitude and practice (KAP) on specified subject should be basically visualized by means of Inverted Mt. Fuji model.

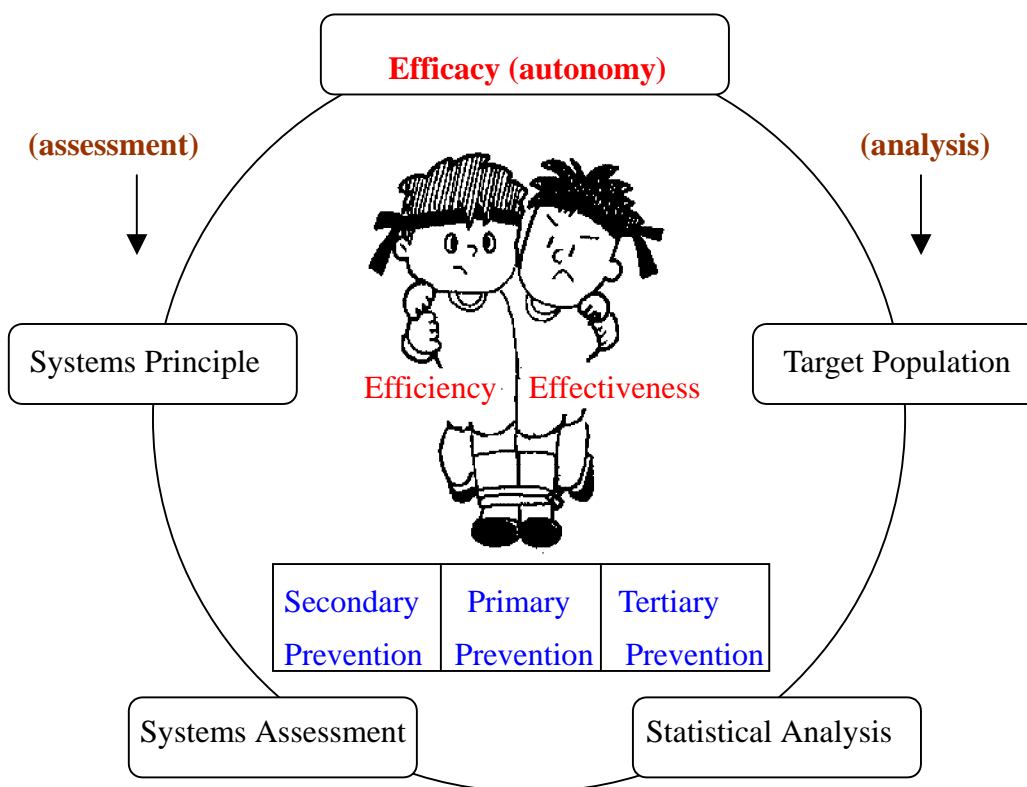
2. “Prevention and Control” Concept as the Proto-type of Health Surveillance

So far “prevention and control” was just a common usage for professional

approach. Maruchi was however getting to dream that this usage should be studied from the viewpoint of holistic approach after his four years teaching activities on “community-based cancer prevention and control” in Nagoya last March as shown in **Fig.3**, being a secret recipe for the present study.

It should be mentioned that the framework on **Fig.4** should be based on our study hypothesis: The symbolic idea on cultural norm could be shown by means of Duet Model in Fig.3. In the framework, Two-in-One use of new and old definition of health should be in mind from the viewpoint of science and technology respectively.

Fig.4: Framework on Prevention and Control in Health Approach



In consequence, we have figured out **Fig.4** in connection with three E’s such as efficacy, efficiency and effectiveness as well as trinity approach on primary, secondary and tertiary prevention. For the present technical studies, the four major components of QA such as systems principle, systems assessment, target population and statistical analysis should be identified in the supportive environment of the duet model.

The essential idea on health surveillance should be the same line with the above statement even though the conventional sense of surveillance should be also based on

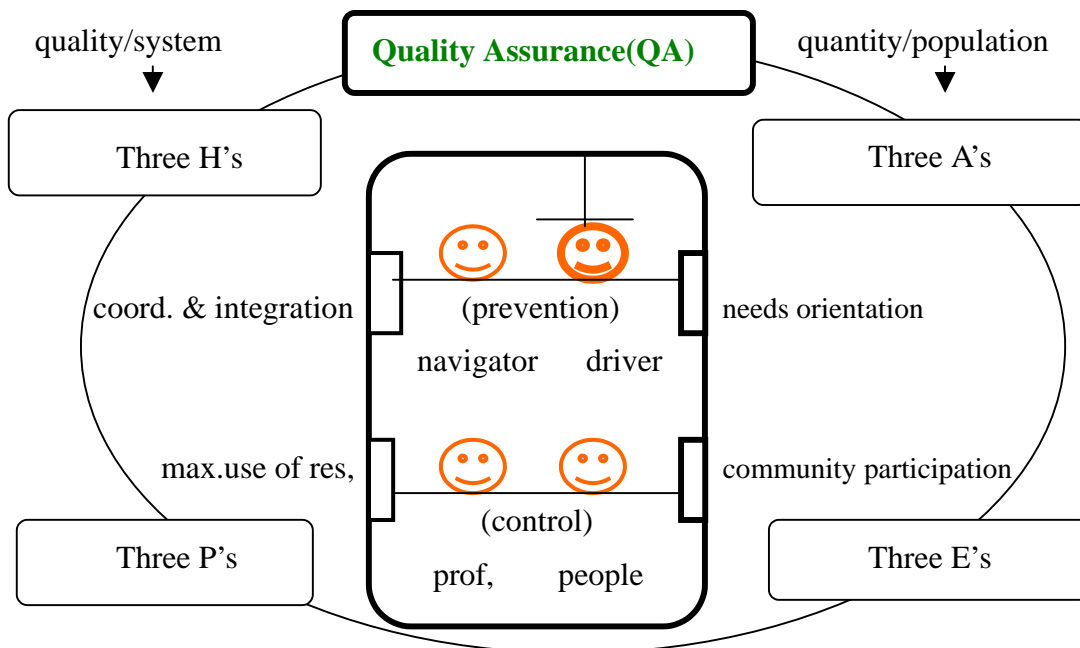
professional viewpoint.

In the second stage of our expectant project in 2005-2007, however, we have to replace “prevention” with other term such as “balance” for example.

3.The Practical Idea on Autonomous Social System,

4WD car driving is analogically common unity for the study on systems approach as if driving regulation on safety operation for goal achievement. The model in **Fig. 5** should be a proto-type of systems sciences on holistic approach in health arena. 4WD car driving in the figure should be based on “prevention and control” concept in which prevention and control should be identified in the front and rear axle respectively. There should be the four major types of parties concerned as shown in Fig.6. The role of navigator should be a coordinator for the operation of designated social systems.

Fig.5: 4WD Car Model as the Autonomous Social System



Remarks

Three Q's: Quality Assurance, Systems Quality, and Quality of Life

Three H's as welfare policy: Self, Mutual and Public Help

Three P's as preventive strategy: primary, secondary and tertiary prevention

Three A's as control indicator: Assessment, Autonomy and Analysis

Three E's for case evaluation: Efficacy, Efficiency and Effectiveness

Social systems in the community including our study project should be systematic approach through collaborative efforts among peoples concerned. This in turn means that the four major principles of systematization on the four wheels of 4WD car should be the indicator for systems assessment. The supportive environment in Fig.5 should be “collaborative balance” for the autonomous control from the viewpoint of three H's, three P's, three A's and three E's. This in turn means “SQ and QOL under QA” in Fig.5.

In the reality, however, most community health projects would be examined through objective evaluation, neglecting the tacit common sense that autonomous control should be our common goal for achievement. In the sense, the spirits of evidence-based approach is not well realized, and the recovery of humanity for health and welfare could not be achieved as expected. In our study idea, “quality assurance” in Fig.5 should be the candidate for the needs of the above autonomous control.

4. Valuation and Evaluation for Autonomous Case Studies

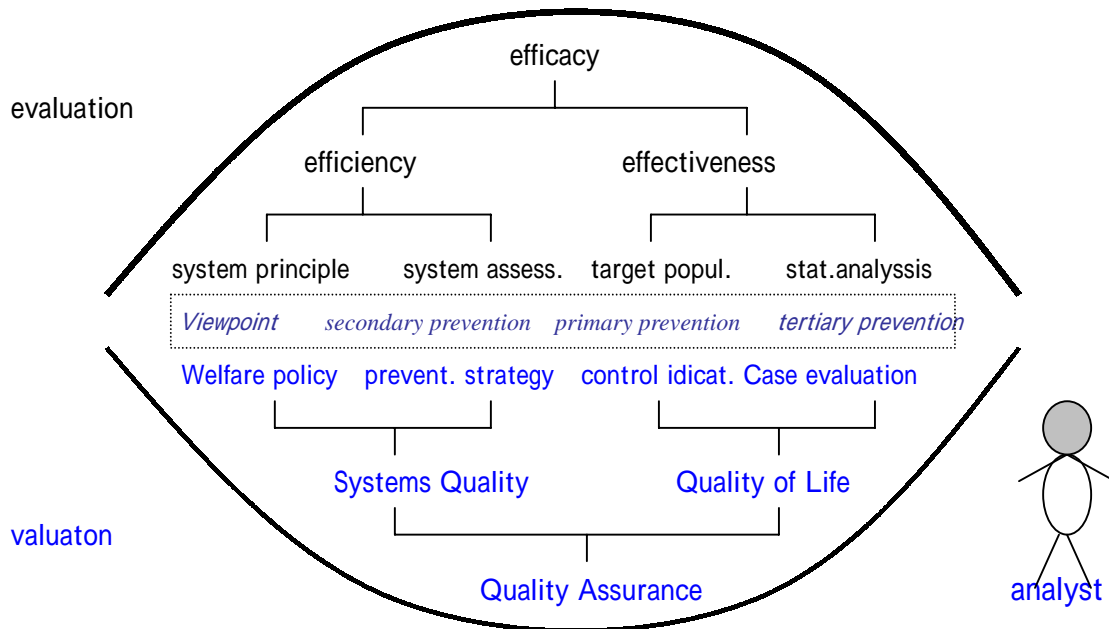
In the oriental culture or philosophy, we are intuitively accustomed with one set usage such as the unification of time and space (knowledge), subjectivity and objectivity (attitude), and of quality and quantity (practice). In the present study, the first one is concerned with **Fig.2**, the second one is concerned with **Fig.3** and the third one is concerned with **Fig.6**.

The observer should be in mind the trinity nature of prevention. The valuation in the present project should be based on the four major subjects of supportive environment of 4WD car model under three Q's in the water. And the evaluation in the present project should be based on the four major components under three E's in the air.

For ordinary approach, valuation and evaluation should be Two-by-One nature since autonomous control in social systems is not clearly considered for discussion.

In the second stage of our expectant project in 2005-2007, however, we have to replace “prevention” with other term such as “balance” for example.

Fig.6: Valuation and Evaluation for Autonomous Case Studies



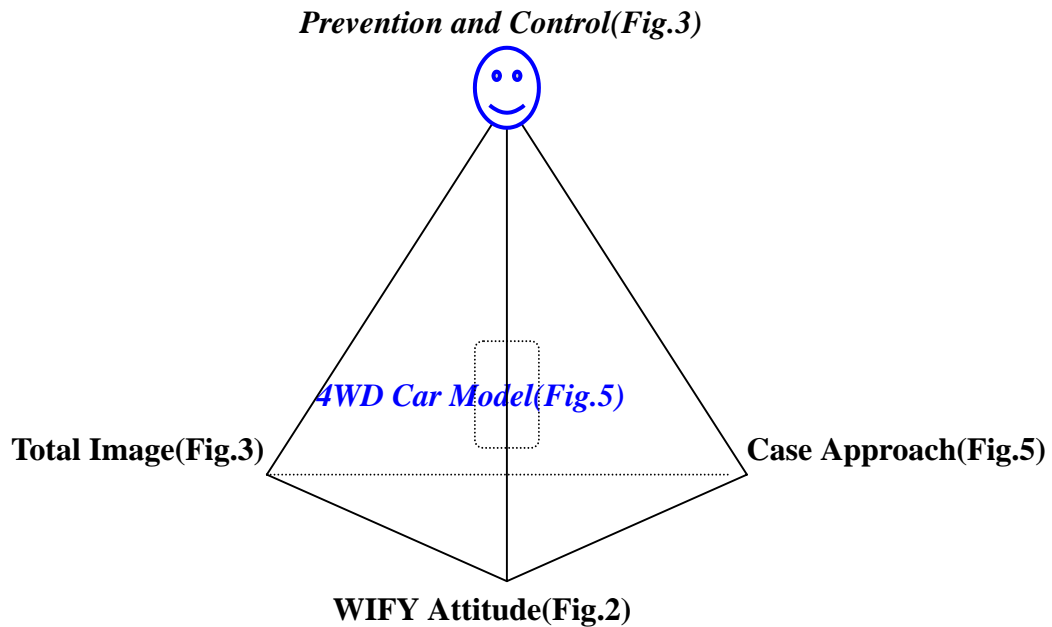
5. Global Image of the Present Project

Globally speaking, the total impression about the present project could be shown by means of triangular pyramid in **Fig.7**. The spiritual idea for the present project is the networking of science and technology under cultural norm for autonomous control of social system by means of prevention and control in Fig.3, being stand on the top of **Fig.7**.

Under the above viewpoint, 4WD car model for valuation in Fig.5 should be a secret recipe for health surveillance in general which could be available to identify at the center of the diagram.

Then, the trinity nature on attitude or mental idea (**Fig.2**), knowledge or social idea (**Fig.3**), and practice or physical idea (**Fig.6**) should be realized at the three bottom edges of the model for the project study on social system You may now realize that social system can be replaced with community-based teaching and learning for example.

Fig.7: Global Image on the Present Project



6 The Organization of Project Team

The below is our expectant members for the present project at the initial stage of system formation;

The clearing house of the study project is located at Yadokari Institute for Mental Health, Saitama City, Japan. Dr. Nobuhiro Maruchi is the principal investigator or team leader, and Mrs. Kazuyo Masuda is the general secretary for study project.

The supportive member for the above function as Japanese team is Dr. Masami Matsuda (community Nursing, School of Nursing, Shizuoka Prefectural University), Dr. Masaki Moriyama (Public Health, School of Medicine, Fukuoka University), and Dr. Yoshiaki Tanaka (Health Administration, Tokyo Metropolitan Government)

For the networking of our study project, the following four Asian countries have been selected at the initial stage of the project, and their members could be listed in the below respectively.

1.Thailand; Dr.Khanitta Nuntaboot(Community Nursing, Khonkaen Univesity Faculty of Nursing), Dr.Boosaba Sanguanprasit(Health Education, Mahidol University Faculty of Public Health), Mr.Boonnart Laisnitsarekul(Medical Education, Chulalongkorn University Faculty of Medicine)

2.Malaysia: Dr.Rogayah Jaafar and Dr.Anwarul Azim Majumder(Medical Education,

School of Medical Sciences, Universiti Sains Malaysia)

3.China; Drs.Zhang Bing and Wei Ning, Prof. Yang Jun Ru (Hebei Medical University)

Dr.Gou Yong-song (Medical Education, Zhejiang Univesity School of Medicine)

4.Dr..Ok-Ryun Moon (Health Policy, School of Public health, Seoul National University)

In order to promote our study project, we are planning to nominate one person for the coordinator in each participating country. He/she would be requested to organize the network systems in each country for the promotion of our study project by means of internet system.

7. The Study Program and Procedure

In the first stage of our project in 2003-2005, our subject matters for study should be concerned with the four major case studies in health and welfare arena on the water in **Fig3**.

Basically, the project should be operated on a variety of internet communication for which our clearing house as well as domestic network system in participating country should be working together hand by hand. Unless you would have a strong will for the promotion of our dream into the practice, the performance of our project does not make any sense in the reality. In the sense, our paradigmatic shift should be seriously considered through your strong will in collaboration with your colleagues. In this connection, I would like to make an emphasis on the study importance of WIFY interactive study with some subject matters for consideration. For the initial stage of your work on our study project, we should basically have some practical exercises in participating countries respectively for standardization on study procedure unless otherwise you could not realize the essential spirits of paradigmatic shift or WIFY interactive study.

Our two-year program in 2003-2005 as Two-in-One nature is planned to carry out the below six items every year as shown in the below:

First Year Period;

Development on the Function of Clearing House for Internal Communication as well as External Opening of Our Information Data.

Information Exchange among Team Members for the Feasibility Study on Subject Matters, and the Preliminary Work on the Development of Similar Function in each Participating Country.

The Organization and Operation on the Fifth Yadokari Seminar for Manpower Development in Health and Welfare Arena (Japanese Lectures and Open Forum)

The Representative Meeting among Participating Countries at Yadokari Institute: For the meeting, some voluntary observers would be considered. Also considered is the introduction of internet camera systems for the rest of team members.

E-symposium on SARS or AIDS prevention and control from the viewpoint of holistic approach: this should be a training program for our members as well as external observers.

The Generation of our Interim Report at the End of First Year: The progress and faced problems should be reported for the improvement of our project.

Second Year Period:

The Problems Improvement from the Interim Report. Also considered is the feasibility study on new face subjects through our first year study.

The Grand Meeting among Team Members in China or Thailand. Some progress reports should be discussed as subject matters for discussion for the improvement of our project.

The Organization and Operation on the Seventh Yadokari Seminar for Manpower Development in Health and Welfare Arena (Japanese Lectures and Open Forum). In the seminar, some sensitive issues produced through our study project should be examined.

E-symposium on specified subject should be organized from the viewpoint of holistic approach: This should be a training program on long distance education for our members as well as external observers.

The Report Preparation in each participating country: The outcome of their work should be summarized as national team as well as individual member's assignment.

The Production of Final Report at Clearing House based on the above reports. In the report, we have to consider the feasibility on the development of the second stage of our project in 2005-2007.

The expectant budgetary allocation for each year should be roughly ¥ 10 Million. For the planning of our project, we have allocated some reasonable budgetary estimate.

At this moment, however, we do not like to explain the details until formal acceptance of our proposal by Toyota Foundation.

8 Study Perspectives

In the second stage of our project in 2005-2007, our subject matters for study should be mostly concerned with politico-economic arena in the air of **Fig.3** for which we have to think about the invitation of such personnel from each participating country.

In this stage, we may have an impact study on SARS epidemics in China for example from the viewpoint of national as well as international evidence for social system in which risk management on SARS epidemics should be one part of consideration.

Epilogues

Finally, I would like to encourage you to facilitate our study dream into the reality in some degree even if our proposal would not be approved by the Toyota Foundation this year. Alternatively speaking, our preliminary efforts on the present proposal should give us more clear images as well as faced problems for the promotion of our future proposal in the next year.

We may understand that Toyota Foundation itself is trying to explore the feasibility on the present theme among Asian countries through the experiment this time. In fact, the format of this grant proposal is not fixed when compared with ordinary grant proposal.

For the modification of the English version, some study colleagues have provided us valuable suggestions as well as questions for the revision of the paper. Also I would like to say that the biggest impact should come from our discussions through my presentation on SARS paper for risk management by means of e-symposium in Japan on May 20th 21, 2003, for which I have spent a lot of time for the elaboration of my idea on the subject based on my short stay in Beijing during April 17-25, 2003.

May 28th. 2003

N.Maruchi, MD. Principal Investigator